

Safe Cycling Classes

Bike-Walk Alliance of New Hampshire



New Hampshire's statewide bicycling & walking advocacy organization

Why Safe Cycling Classes?

To learn how to decrease bicyclist's risk of:

- Negative interactions with other road users
- Mishaps, injuries or worse that do not involve interaction with other road users (ex: pot holes, grates, etc.)

Why Safe Cycling Classes?

- ✓ Gain knowledge & instruction on:
 - Laws
 - Safety techniques
 - Infrastructure
 - Bike control skills
 - Crash avoidance skills
- ✓ Increase confidence

What Are Safe Cycling Classes?

Classes can be online or in-person, in-class or on-the-bike, or combo that instruct people how to ride bicycles safely.

Become an Instructor?

- LAB's "League Cycling Instructor" (LCI) Program
 - Take & pass "Traffic Skills 101" (\$)
 - Take "LCI Seminar" = 2-3 day (\$\$\$)



So you want to become a League Cycling Instructor?

League Cycling Instructors (LCIs) are certified to teach the League's Smart Cycling curriculum to help people feel more secure riding a bike, to create a mindset that bikes should be treated as a vehicle, and to ensure bicyclists know how to ride safely and legally. Once certified as an LCI, you're able to teach our curriculum and are covered by an insurance policy that indemnifies you while teaching a class. This infographic helps to explain the requirements and expectations. For more information visit bikeleague.org/ridesmart or email education@bikeleague.org.



BECOME A MEMBER

To become an League Cycling Instructor you must be a current League member. Valid memberships include Individual, Advocate, Silver Spoke, Life and Family. Join at bikeleague.org/join.



PASS THE EXAM

To become an LCI you must first pass an on-bike and written exam. These mandatory tests are administered by LCIs and are part of the Smart Cycling course. Find an instructor or class in your area by using the [Connect Locally](#) searchbox on our website: bikeleague.org.

You must take the Complete Smart Cycling Course (formerly TS 200) at least one month before your LCI Seminar, so you're able to master the drills and concepts before facilitating them for someone else.



REGISTER FOR A SEMINAR



The LCI Seminar is 24 hours — typically one evening and two full days. It focuses on teaching and demonstration techniques used with students both on the road and in the classroom. The Seminar does NOT emphasize the content or specific details of the cycling course curricula. Each candidate will have opportunities during the seminar to practice facilitating parts of the Smart Cycling curriculum, both in the classroom

and in the parking lot. Generally, 1/3 of the time is on the bike, so students should be prepared to ride.

- » Find a seminar at BIKELEAGUE.ORG/RIDESMART.
- » Register for the Seminar in the [MEMBER PORTAL](#).
- » The **COST** for the seminar is \$350.

MAINTAIN YOUR LCI STATUS

Attend the seminar and pass the test? Congratulations! Maintain your League membership and pay the annual LCI fee of \$25 to retain your teaching status.



If your Coach recommends remediation rather than certification, find a local LCI to help you master your skills **within nine months of the seminar**.

WHAT TO BRING TO YOUR SEMINAR:

» Bike » Helmet » Water » Lunch/Snacks

PREPARE FOR THE SEMINAR

After your registration, you will be sent an email from the League with study documents and an open-book assessment. Prior to the seminar, you'll turn in your assessment answers to your Seminar Coach. S/he will give you additional assignments, both group and individual, before the Seminar. Set aside time; some are surprised by the workload!



CHOOSE A SEMINAR THAT'S CONVENIENT FOR YOU.

When choosing a Seminar, please factor in your schedule and location. Plan on attending a Seminar when you have plenty of availability and consistent access to the Internet. To complete the seminar, you will be required to: 1) attend all parts of the Seminar and 2) be in contact with your LCI Coach before the Seminar.

BE MINDFUL OF REGISTRATION AND CANCELLATION GUIDELINES

Registration closes 21 days before the start of a Seminar — or when registration reaches the capacity of 16 students. The League cannot guarantee registration; sign up is first-come, first-served. To cancel you must notify the League in advance to be eligible for a refund. A full refund will be provided for any Seminar that is canceled due to low enrollment.

CANCELLATION POLICY

21 days: Full refund minus \$75 fee
20-15 days: 50% refund
14 days: No refund

For more information visit bikeleague.org/ridesmart or email education@bikeleague.org.

What Do They Typically Cover?

Topic	Always	Sometimes
Helmets	✓	
How to control your bike (breaking, shifting, steering, balance)	✓	
Riding in traffic techniques (lane positioning, taking the lane, sharing the road, etc)	✓	
Bicycling laws	✓	
Bike maintenance		✓
Group riding skills\etiquette		✓
Types of bikes		✓
Clothing (gloves, padded cycling shorts, etc.)		✓
Equipment (lights, horns, bells etc)		✓
Nutrition		✓

Basic Categories

- Kids
- Adults
- In-class (no on-the-bike)
- On-the-bike or on-road
- Online

Class Types

- Kids
 - BWANH-DOT SRTS Program: “Youth Bike & Walk Safety” sessions
 - Customized One-offs
 - Community Bike Rodeos

Class Types

- Adult Cycling Classes
 - “Traffic Skills 101” ~8 hours
 - “CyclingSavvy” – variety!
 - “Confidence in Traffic” ~2 hours
 - “Bike Commuting 101” ~1 hour
 - Typically “Learn-at-Lunch”

BWANH: Youth Bike & Walk Safety Sessions

- ✓ NH DOT Partnership via “Safe Routes to School” (SRTS) Grant Funding
- ✓ 10 certified instructors in NH
- ✓ ~33 schools (annually)
- ✓ ~3,500 students (annually)
- ✓ Targets 3rd through 5th graders
- ✓ Free to schools!



BWANH: Youth Bike & Walk Safety Sessions

- ✓ ~2-3 hours to train instructors
- ✓ “Train-the-Trainer” program available!



LAB “Traffic Skills 101” Class

- Comprised of:
 - a ~4-hour online class (free)
 - a ~3-hour in-person class (fee)
 - Written test
- Passing TS101 = “LCI” prerequisite

LAB “Traffic Skills 101” Online

<http://www.bikeed.org/default.aspx>

Free!

Sponsored by City of Houston, TX



Online Bicycle Education Traffic Skills 101

[Home](#) [Online Course](#) [Instructors](#) [Hands-on Classes](#) [Resources](#)

Traffic Skills 101 Course Introduction

Next Step: [Registration](#)

If you are interested in taking this free bicycle safety course, please [register](#) with the site. It's free and it's necessary to continue.

We estimate the online course will take approximately 4 hours to complete. You will be able to complete individual modules and return at a later time. After you complete the online course, you will be able to participate in a **5-hour hands-on and on-road component** of the course.

This special component for on-line participants is conducted by League Certified Instructors. These hands on and on-road instructions are held throughout the country, [schedules and classes are posted on this website](#). We strongly encourage you to join others in participating in the hands on and on-road component of Traffic Skills 101 and complete your training. Location of on-road experiences include quiet residential streets, minor arterials, multi-lane low- and moderate-speed arterials with posted speeds no greater than 35 mph, protected (Left Turn Only lane and/or Left Turn signal phase) and unprotected left turns, and narrow and wide roadways.



In-Person LAB “Traffic Skills 101”

- ✓ 3-4 hours
- ✓ On-the-bike skills & instruction
- ✓ Testing through traffic scenarios
- ✓ Written test to pass
- ✓ Passing TS101 = LCI pre-requisite

In-Person LAB “Traffic Skills 101”



“CyclingSavvy” Online

[Cycling and the Law](#) | [Calendar](#) | [Online Course](#) | [Find a Class](#) | [Motorist FAQ](#) | [Accessibility](#) | [Contact Us](#)



[Mission](#) | [Courses](#) | [Locations](#) 



In-Person Courses:

Individual Sessions – \$45

Full Course – \$95

[Find a Class](#)

Online Courses

Basic – \$45

Mastery – \$65

Lifetime Access – \$100

[Sign Up](#)


[Compare Courses](#)


“I learned how to negotiate very complex traffic situations. I never thought I’d be able to, and I did.”


Judith Gintz, Port Orange, FL

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“CyclingSavvy” In-Person Classes



[Home](#) | [Find A Class](#) | [Meet Our Instructors](#) | [Contact Us](#)

Find a Class

New Hampshire ▼

New Hampshire

Boston, MA

Northern New England

“CyclingSavvy” Online Videos

Quick Lessons

Knowing this could save your life.



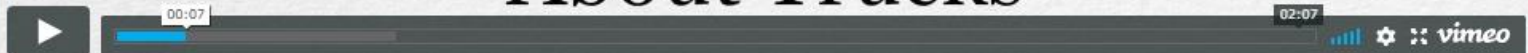
“CyclingSavvy” Online Videos



[Mission](#) | [Courses](#) | [Locations](#) 



What Cyclists Need to Know About Trucks



“CyclingSavvy” Online Videos

Quick Lessons

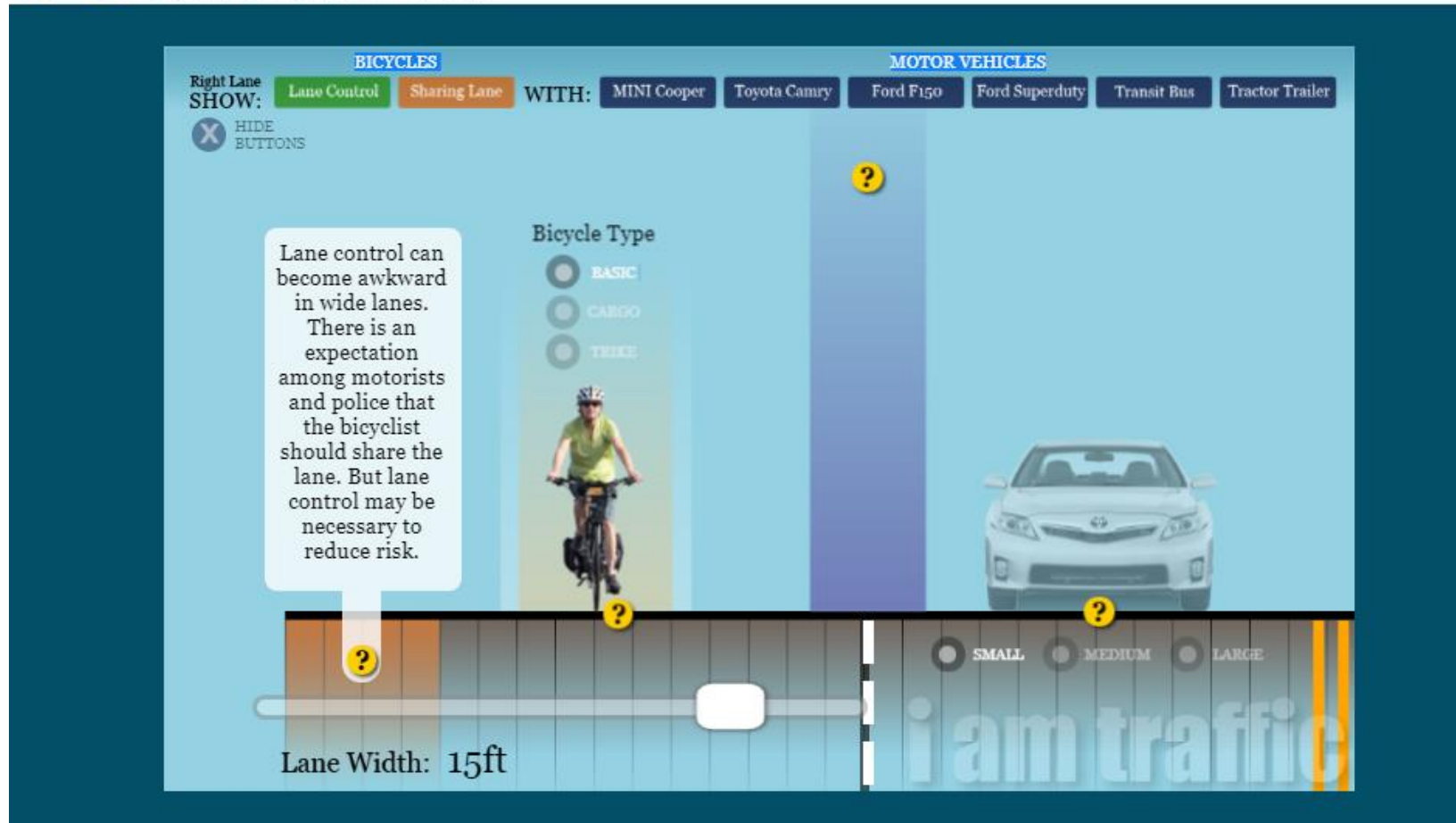
Should I share that lane?



“CyclingSavvy” Online Interactive Animation



[Mission](#) | [Courses](#) | [Locations](#)



“Confidence in Traffic” Class

- Typically ~2-hours
- 5-6 miles ride through various traffic scenarios
- Teach lane-positioning basics
- How to use bike infrastructure, etc

LAB “Bike Friendly Driver” Class

- Typically ~1.5-hours
- Target audience = motor vehicle drivers, especially commercial and or large vehicle drivers
- Can be taught in-person or via live webinar
- No on-the-bike component
- Short written test, certificate

LAB “Bike Friendly Driver” Class

- Originally developed by City of Fort Collins, Colorado ~ 2016
- Adopted, distributed by LAB 2018

LAB “Bike Friendly Driver” Class



Jamie Gaskill-Fox Leads Bicycle Friendly Driver Workshop



BICYCLE FRIENDLY DRIVER TRAINING

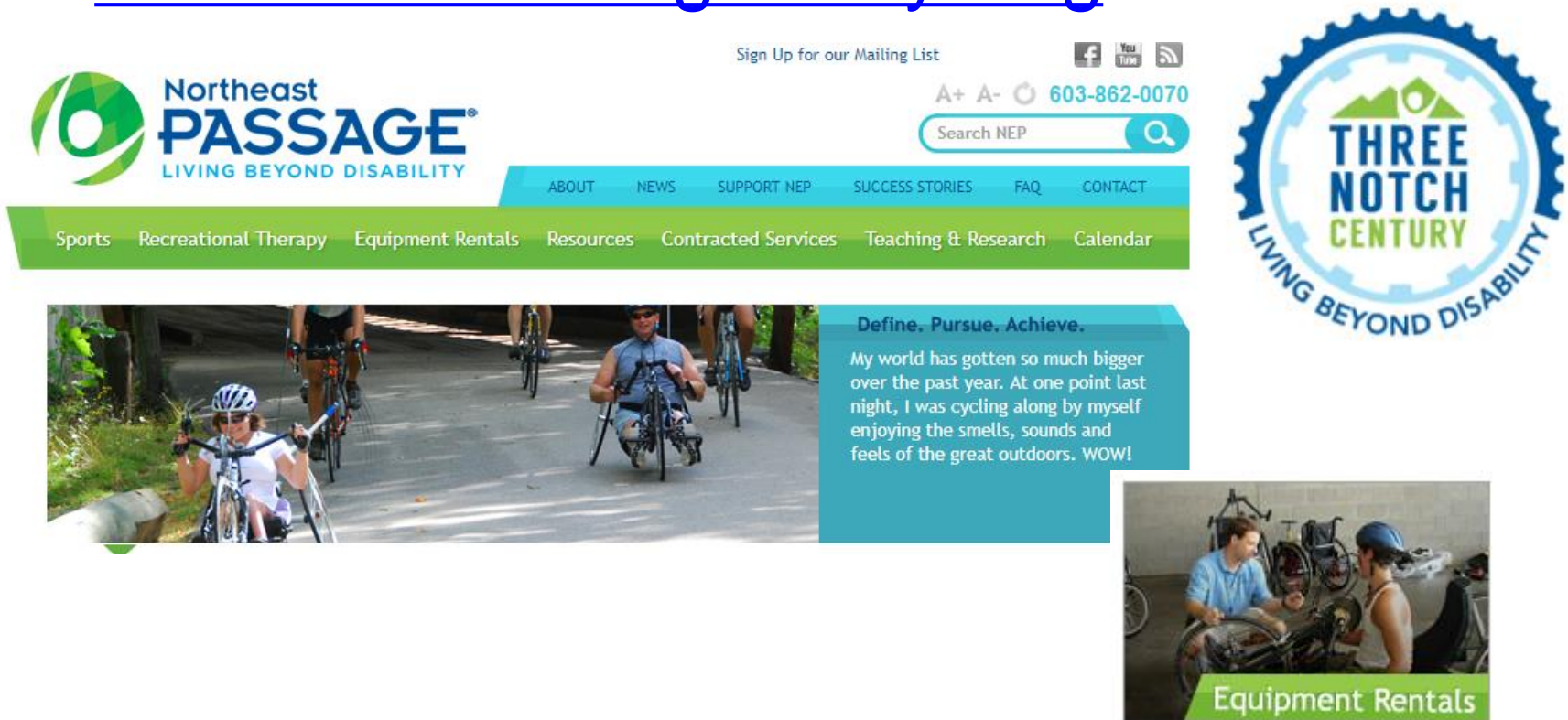
The League is helping keep all road users safe by offering the Bicycle Friendly Driver training. This is the League’s newest addition to the Smart Cycling program. Created by the City of Fort Collins, the training aims to educate motorized vehicle drivers about how and why bicyclists travel the roadways in the ways they do with the objective of developing a shared understanding for all users.

What Else?

- Special Needs
 - [Northeast Passage > Cycling](#)
 - [www.IcanShine.org](#)

Northeast Passage > Cycling

- Northeast Passage > Cycling



The screenshot displays the Northeast Passage website. The header includes the logo, a mailing list sign-up, social media icons, and a phone number. The navigation menu lists various services. A featured article titled "Define. Pursue. Achieve." discusses cycling experiences. A smaller image shows people working on bicycles, labeled "Equipment Rentals".

Northeast PASSAGE®
LIVING BEYOND DISABILITY

Sign Up for our Mailing List

A+ A- 603-862-0070

Search NEP

ABOUT NEWS SUPPORT NEP SUCCESS STORIES FAQ CONTACT

Sports Recreational Therapy Equipment Rentals Resources Contracted Services Teaching & Research Calendar

Define. Pursue. Achieve.

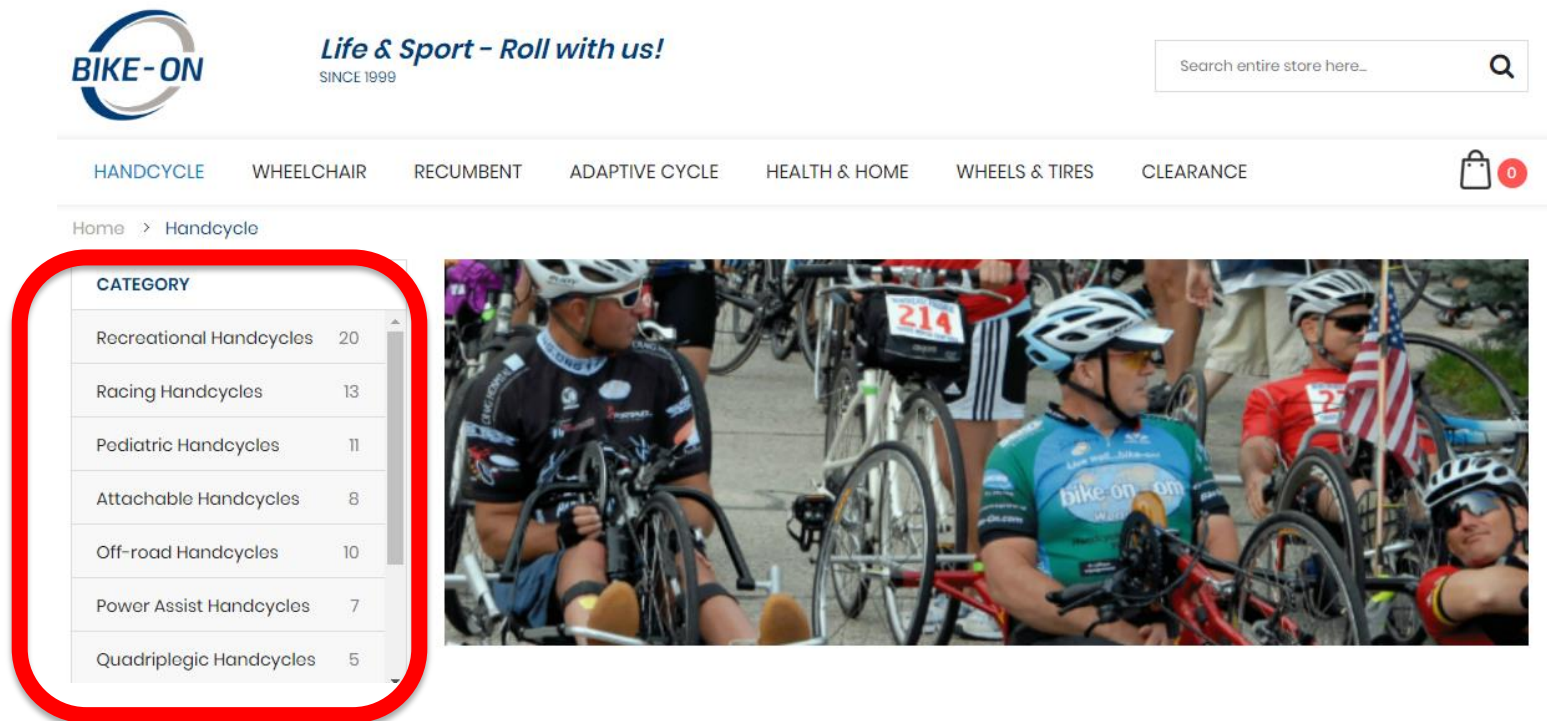
My world has gotten so much bigger over the past year. At one point last night, I was cycling along by myself enjoying the smells, sounds and feels of the great outdoors. WOW!

THREE NOTCH CENTURY
LIVING BEYOND DISABILITY

Equipment Rentals

BIKE-ON – Adaptive Cycles

- Bike-on → <http://bike-on.com/handcycles>



The screenshot shows the Bike-On website interface. At the top is the logo and tagline "Life & Sport - Roll with us! SINCE 1999". A search bar is on the right. Below the navigation menu, the "Handcycle" category is selected. A sidebar on the left, highlighted with a red rounded rectangle, lists the following categories and counts:

CATEGORY	
Recreational Handcycles	20
Racing Handcycles	13
Pediatric Handcycles	11
Attachable Handcycles	8
Off-road Handcycles	10
Power Assist Handcycles	7
Quadriplegic Handcycles	5

To the right of the sidebar is a large photo of several cyclists on handcycles, with one cyclist in the foreground wearing a blue jersey with the "bike-on" logo.

“iCanShine.org”



- Special Needs
 - www.IcanShine.org

“iCan Bike” – Groton, MA



iCan Bike - Groton, MA

We understand that the vast majority of people with disabilities never have the experience of independently riding a conventional two-wheel bicycle during their lifetime. Research shows that over 80% of people with Autism and 90% of people with Down syndrome never experience this thrill. Defying these odds is why we exist!

Testimonials

“My 8 year old son Elijah learned to ride this summer at Boone Grove High School. He absolutely LOVED bike camp and is now a completely independent rider! Thank you from the bottom of my heart to all those worked and volunteered to make iCan Shine Bike Camp a huge success for my son!”



“iCan Bike” – Groton, MA



Great Resources!

- NH Bike Safety Brochure
- https://www.nh.gov/dot/programs/bikeped/documents/nhdot_bike_brochure_FINAL.pdf



Great Resources!

- LAB
Smart Cycling
“Quick Guide”

Quantity	Price per guide
1-5	\$3 each
6-19	\$2
20-49	\$1.50
50-499	\$1
500-999	\$0.97
1,000-2,499	\$0.92
2,500-7,999	\$0.88
8,000+	\$0.82

We can offer co-branded quick guides with your organizational or corporate logo on the guide; contact education@bikeleague.org for pricing. Minimum order for co-branded guides is 2,500.



Bike Rodeos!



Contact Us

info@bwanh.org

